

# ГЕРБЕРИ ГЕРБЕРСКИЕ ВЪДНОСТИ

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**Abstract:** *Staphylococcus aureus* is a leading cause of nosocomial infections. Many nosocomial infections are caused by strains of *S. aureus* that are resistant to many antibiotics. The purpose of this study was to determine the prevalence of methicillin-resistant strains of *S. aureus* in a tertiary care hospital. A total of 100 strains of *S. aureus* were isolated from various sources and tested for methicillin resistance. The results showed that 60% of the strains were methicillin-resistant.

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Abstracts of papers presented at the 1998 Annual Meeting of the American Psychological Association, Washington, DC, August 1-5, 1998.

1. *Journal of the American Medical Association*, 2000; 284: 2689-2695.

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the 1990s, the number of people in the United States who are obese has increased by 50 percent. In 1990, 15 percent of the population was obese, but by 2000, that number had risen to 23 percent. And the numbers are projected to rise even more in the coming years. By 2010, it is estimated that 33 percent of the population will be obese, and by 2020, that number is projected to reach 40 percent. The increase in obesity is not just a problem for the United States. It is a global phenomenon. In many countries, the prevalence of obesity has increased dramatically in the past few decades. In 1975, only 1 percent of the world's population was obese. By 2000, that number had risen to 6 percent, and by 2010, it is projected to reach 11 percent. The increase in obesity is a major public health concern because it is a leading cause of many chronic diseases, including heart disease, diabetes, and certain types of cancer. It is also a major cause of disability and premature death. The World Health Organization (WHO) has declared obesity a global epidemic, and it is urging countries around the world to take action to reduce the prevalence of obesity. One of the most effective ways to reduce obesity is to increase physical activity and reduce the consumption of high-calorie, high-fat foods. The WHO recommends that adults should engage in at least 150 minutes of moderate-intensity physical activity each week, and that children and adolescents should engage in at least 60 minutes of moderate-intensity physical activity each day. In addition, the WHO recommends that adults should consume no more than 30 percent of their total daily calories from fat, and that children and adolescents should consume no more than 35 percent of their total daily calories from fat. The WHO also recommends that adults should consume no more than 25 percent of their total daily calories from added sugars, and that children and adolescents should consume no more than 25 percent of their total daily calories from added sugars. By following these recommendations, individuals can reduce their risk of obesity and the chronic diseases associated with it. The WHO also recommends that governments should take action to reduce the prevalence of obesity. This can be done by implementing policies that promote healthy eating and physical activity, such as increasing the availability of healthy foods, increasing the availability of safe places for physical activity, and implementing taxes on high-calorie, high-fat foods. By taking these actions, governments can help to reduce the prevalence of obesity and the chronic diseases associated with it.

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**Abstract**

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The authors thank the following people for their assistance in the collection of data: J. A. B. de Gooijer, M. C. van der Wal, H. J. van den Broek, and W. J. van't Hof-Grootenboer.

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the 1990s, the number of people in the United States who are obese has increased by 50 percent. In 1990, 15 percent of the population was obese, but by 2000, that number had risen to 23 percent. In 2008, the number of obese people in the United States was estimated to be 33 percent. The increase in obesity is a major public health concern because it is a leading cause of heart disease, diabetes, and other chronic diseases. The Centers for Disease Control and Prevention (CDC) estimates that obesity costs the United States \$147 billion each year in medical costs and lost productivity. The CDC also estimates that obesity is responsible for 280,000 deaths each year in the United States. The increase in obesity is a result of many factors, including changes in diet and lifestyle. In the 1990s, the average American consumed more calories than in previous decades, and many people began to lead more sedentary lifestyles. The increase in obesity is also a result of changes in the environment. Many people now live in areas where walking and biking are not safe or convenient, and many people do not have access to parks and recreational facilities. The increase in obesity is a major public health concern because it is a leading cause of heart disease, diabetes, and other chronic diseases. The CDC estimates that obesity costs the United States \$147 billion each year in medical costs and lost productivity. The CDC also estimates that obesity is responsible for 280,000 deaths each year in the United States. The increase in obesity is a result of many factors, including changes in diet and lifestyle. In the 1990s, the average American consumed more calories than in previous decades, and many people began to lead more sedentary lifestyles. The increase in obesity is also a result of changes in the environment. Many people now live in areas where walking and biking are not safe or convenient, and many people do not have access to parks and recreational facilities.

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